

Jockey for Position

RADIO DJ JULIO GARCIA BEAT 10 000 CONTESTANTS FOR HIS JOB, BUT WEIGHT LOSS WAS A TOUGHER BATTLE



THE GAIN A career in radio along with lots of public speaking left no time to be health-conscious. Appearing at events meant eating food provided by caterers, which wasn't always nutritious. Because I was very confident, I never thought being a bit chunky was a problem.



WEIGHT BEFORE
110
WEIGHT AFTER
90

VITALS
Julio Garcia, 38, Fourways, Johannesburg

HEIGHT
1.81m

OCCUPATION
Radio jock/
Voice-over artist/
MC

TIME TO GOAL
3 months



THE CHANGE
The best thing about hard work and dedication is when people notice your results. I use that as motivation. I exercise four to six times a week (excluding running at least three kilometres on alternate days). I drink less and I've stopped smoking after 18 years! I'm still not ripped, but that's my next goal. My new motto in life is: "It's hard to beat somebody who never gives up!"

THE STRATEGY
I had a weight loss goal and also wanted to drop my body fat percentage, so I trained like I was getting ready for a boxing match. I was fortunate to have my gym membership, personal training advice and supplements sponsored. If you love the sport of boxing, you'll appreciate the cardio workout it gives. Being trained by professional boxers also helps in terms of self-

defence and de-stressing. I alternated training days at least three times per week at first, so that I could build up to my new lifestyle.

THE REWARD
I love feeling the way that I do now. I feel healthier, I look younger and exercise has made me realise that hard work and dedication always gets you to where you want to be. I'll never be that fat guy on the couch with a pizza and a beer on a Saturday afternoon again. I'll be outside doing something active, and then I'll eat pizza and drink beer. You have to earn your cheats.

THE RESULT
I lost 20kg and got down to 10% body fat. Most of all, I'm happy! I just feel on top of the world. I'm living healthier, feel happier and ready to push my boundaries even further.

WIN! Could you be the next Belly Off! winner?

The next Belly Off! winner will become the proud owner of a cutting-edge Adidas hamper filled with high-tech performance gear: a lightweight Supernova convertible jacket with Climaproof tech for all-weather training; a moisture-wicking, short-sleeved Response T-shirt; a sturdy Clima team bag for all sports and travel needs; a small gym bag; a shoe bag; a cap; and a water bottle worth **R2 110**. Go to adidas.com for more product info.



EAT THIS NOT THAT!

AT STEERS

Prince Beef Burger	Prince Veg Burger
1 240 Kilojoules (kJ)	1 921 Kilojoules (kJ)
19g carbs (5.5g sugar)	43g carbs (12.2g sugar)
21.6g protein	25.7g protein
14.7g fat (6.5g sat)	20.1g fat (8g sat)
643mg sodium	1 559mg sodium

This time going with the beef is better and will save you about 700kJ, as well as unwanted fat (about five grams) and sugar (seven grams). The veg burger contains more than double the sodium of its beefy cousin, which is another plus for the beef since overdoing the salt increases your risk of high blood pressure, a silent and dangerous condition.

